

AGN. NO. \_\_\_\_\_

MOTION BY MAYOR MICHAEL D. ANTONOVICH

MAY 31, 2011

**WELLNESS MONTH AND COUNTYWIDE FITNESS CHALLENGE**

The 2010 Countywide Fitness Challenge was a huge success, and was awarded the Western Region International Public Management Association for Human Resources “Agency Award for Excellence.” Thousands of Los Angeles County employees and their families participated in the Challenge, attending weekend events promoting physical fitness and good nutrition. In addition, 6,441 County employees participated in the first Countywide “Biggest Loser” contest, dropping a collective 11.4 tons of weight.

To continue the momentum and to assist employees and their families in improving their health and to support healthy lifestyles, the Department of Human Resources (DHR) is launching its second annual “Countywide Fitness Challenge.” It is targeted to be bigger and better than last year’s. This year, the Fitness Challenge will cover a five-month period at more venues beginning in June, and will include fitness walks, hikes, biometric screenings, healthy cooking demonstrations, and a bicycle ride.

**MOTION**

MOLINA \_\_\_\_\_

RIDLEY-THOMAS \_\_\_\_\_

YAROSLAVSKY \_\_\_\_\_

KNABE \_\_\_\_\_

ANTONOVICH \_\_\_\_\_

The Challenge brings together many partners, including: the Departments of Parks and Recreation and Beaches and Harbors, County-sponsored medical plans, the American Cancer Society, the American Diabetes Association, the Coalition of County Unions, and SEIU Local 721.

The “Countywide Fitness Challenge” includes a wide range of activities, including:

- The Departments of Parks and Recreation and Beaches and Harbors will showcase their facilities to encourage employees and their families to get outdoors and be active;
- Medical plans will host different activities each month including walking, hiking, bicycle fun ride, and healthy eating guidance at local farmers’ markets;
- DHR will sponsor a ten-week “Biggest Loser” weight loss contest among the 37 County departments, to encourage healthy weight loss goals with prizes and a trophy for the winning department; and
- DHR will introduce a six-week diabetes awareness, education, and prevention campaign by the American Diabetes Association.

**I, THEREFORE, MOVE** that the Board of Supervisors:

1. Proclaim June 2011, as “Wellness Month” in the County of Los Angeles and launch the “Countywide Fitness Challenge” campaign for all employees, and encourage Department Heads and Wellness Managers to

support and market the program to their employees and strive for 100 percent participation;

2. Encourage all employees to support and attend the June 7, 2011, Kick-Off event at the Music Center - Performing Arts Center of Los Angeles County and/or the June 11, 2011, activity Kick-Off event at Whittier Narrows Recreation Area in South El Monte;
3. Waive the \$750 facilities fee and parking fees in the amount of \$2,000 for 100 cars in the Music Center Garage (parking lot 14) for the participants of the Kick-Off event on June 7, 2011; \$1,200 for 200 cars for anticipated overflow parking at the Whittier Narrows Recreation Area on June 11, 2011; \$1,200 for 200 cars at Kenneth Hahn State Recreation Area on September 10, 2011; \$335 facilities fee, \$75 picnic shelter fee, and \$3,000 for 300 cars at Burton Chace Park on August 20, 2011; and, \$335 facilities fee and \$1,650 for 300 cars at Dockweiler Youth Center on October 1, 2011.

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